



The Winger



July 2010 A publication of GWRRA-NY "W" Rochester, NY
"Friends for Fun, Safety, and Knowledge"

A Word From Our Chapter Director

As I write this from Dundee, Michigan summer will be here in a couple of days. It is 91 here this evening. We are on our way to a wedding in Ohio and this is a stop to pick up some speakers from my son. They are two big to fit in our motorcycle trailer. So....we had to take the car. One advantage to the car today was AC while we were stuck in a couple of traffic jams due to road construction.

As you are riding whether traveling or short rides be aware of road construction. Cars sometimes don't see the areas and have a tendency to hit the brakes hard.



Mike and Ginny Schelkun, CD

Those following can have problems. In one area we saw a lot of smoke from some locked up truck tires. Be aware and be alert.

As mentioned at the gathering, pending approval of the district educator, Jim Pearson as accepted the

position of Chapter Educator. Congratulations Jim.

Ride safe.

Mike

**GWRRA-NY "W"
Website**

**The place for news
Between the news.
www.gwr-ra-nyw.org**

A note from our ACD

Hello Friends,

Today was the day of our first official chapter ARC (advanced rider course) and what a great time it was! We had a great day with good weather, good instruction, a lot of new riding tips learned and a



Greg and Dee Eames, ACD

lot of good camaraderie. A total of 14 members participated including 1 co-rider. A special thanks to Myron Fox who did the big part of organizing, District Educator Al Stahl for passing on the benefit of his vast knowledge and Bob Burns, Rhode Island District Director for his invaluable assistance. The day started with 3 hours of classroom training where all of the basics were presented and discussed. After lunch we went to the 4 1/2 hour range portion of the course where we did lots of exercises that dealt mostly with low-speed maneuvering, handling and accident avoidance. All participants did an excellent job including one newly licensed rider and one on her 2 wheeler who is usually seen riding her trike. There were lots of smiles and a good time was had by all.

It was announced at the chapter gathering that we have found a new Rider Educator for our Chapter. Jim Pearson has recently retired and we didn't want him to get bored so we asked him if he would like to spend some time helping all you good people to be better, safer riders. He is very excited about working towards that. We have discussed having more training, seminars and presentations. Al Stahl has agreed to help and discussions are already ongoing about a trike course. Welcome Jim

ACD, cont., page 2



We rode these things here to learn how to ride them. Isn't something wrong here?

Here are pictures from chapter W's first official ARC (advanced rider course).



Hut, 1, 2, 3, 4. Is this boot camp? When do we get our uniforms? What time's chow?



1, 2, 3, 1, 2, 3, 1, 2, 3, so this is what a waltz is.

July

BIRTHDAY GREETINGS

Ruth Lindsay	5th	
Sam Read	11th	
Larry Helber	13th	
Janice Fox	15th	
Sandy Heid	16th	
Diane Hill	19th	
Carol Emilo	20th	
Rose Kleisle	20th	
Linda Hellman	21st	
Robin Boyer	22nd	

HAPPY ANNIVERSARY

Greg & Dee Eames	1st	15 Years
Charlie & Barb Fedeli	7th	30 Years
Mike & Robin Brower	20th	36 Years
Bruce & Linda Hellman	27th	8 Years



Yeah, right You really think we can do that on a motorcycle?

2010 UPCOMING REGIONAL CONVENTIONS

July 22-24,	2010 New England District Convention	Gorham, NH
August 5-7,	2010 NY/NJ Bi-State Convention	Bridgewater, NJ
August 26-28,	2010 Pennsylvania District Convention	Johnstown, PA



Now, if you gotta march, this is the way to do it.

July Ride Schedule

Tues. meet at BKW at 6:30 PM to ride as a group or meet at the restaurant about 7:00 PM.

Date	Day	Place	Address	Time & Place
July				
11th	Sun.	Ride to Chapter H Gathering	Basket Factory, Middleport	8:30 @ BKW
11th	Sun.	Big Rooster Mystery Tour	?????????	After Ch. H Gathering
12th	Mon.	Wegmans Cruse Night	Calkins Rd, Henrietta	5-8 PM there
13th	Tue.	Mill Creek Cafe	Rt. 20A	6:30 PM @ BKW
15th	Thr.	Gathering	Elm Grove Family Rest.	6:00 PM there
16th	Fri.	Watt Farms Country Market		7 PM @ TP
17th	Sat.	Eames' depart for Ride for Kids		Call Greg 748-3953
18th	Sun.	Ride for Kids, Pediatric Brain Tumor Foundation		9 AM Deerfield Firehall
18th - 23rd		Eames Grand Canada /Whale Watch ride		Old Forge after RFK
20th	Tue.	Main Street Pizza	Batavia	6:30 PM @ BKW
22nd - 24th		New England Convention	Meet the Eames there Friday afternoon 7-23	
23rd	Fri	Tom Wahls	Avon	7 PM @ TP
26th	Mon.	Wegmans Cruse Night	Calkins Rd, Henrietta	5-8 PM there
27th	Tue.	Oak Orchard Marine Park Concert		6:00 PM @ BKW
30th	Tue.	Wambaugh's Farm Market - Ice Cream, Rt. 250 Penfield		7 PM @ TP
31st	Sat	Middlesex Roast Beef Dinner	Middlesex, NY	3:00 PM Charlie's Rt.96, Victor
31st	Sat.	Ride with Chapter C after Roast Beef Dinner in Middlesex		
August				
3rd	Tue.	Bad to the Bone	Rt. 104, Williamson	6:30 PM @ BKW
5th -7th		NY/NJ Convention	Bridgeport, NJ	
6th	Fri.	A's Sweets & Treats		7 PM @ TP
7th	Sat.	Breakfast at Elm Grove	730 Elmgrove Rd.	8:30 AM there

BKW = Burger King West, Pixley Rd., near Buffalo Rd., CR= Charlie Riedel's Rt. 96, just south of the Thruway
 TP=Tinker Park, 1525 Calkins Rd., Henrietta, just west of Pitts-Hen TL Rd. Weg=Wegman's Cor. Bay & Empire

ACD, from page 1

and support him in his efforts.

Tuesday night rides are getting good attendance and the Friday night Ice Cream rides are doing very well. We have had quite a few new members attending as well as several returning members that haven't been active for awhile. I have had several comments about how warm and welcoming our chapter is and the credit for that goes to each and every one of you. I know that I have always felt very welcome, accepted and comfortable with this group and we are growing because of all the fun we have together. Thank you all very much!

Coming up in July we have more fun rides and activities lined up;

- 7/9- Friday night Ice Cream ride. We will meet at the Shriner's cruise night on Bay road in Webster for a fish fry, then continue as a group to Hank's.
- 7/10- 10AM- leave from Wegman's on Bay Road for Rudy's Lakeside in Oswego to be lead by yours truly.
- 7/11- 8:30 AM- leave BKW to attend Chapter H gathering @ The Basket Factory in Middleport. There will be a breakfast buffet before the meeting and anyone that has been will tell you it's quite sumptuous! After the gathering we will go on the BIG ROOSTER MYSTERY RIDE.
- 7/18- Ride for Kids in Utica. As usual we will be leaving the day before and spending the night in Utica. If you wish to attend you can go with us or meet us there Sunday morning. Talk to me for details.
- After the RFK we will be continuing north for a week touring parts of Canada including Ontario, Quebec, New Brunswick and Nova Scotia. We will be stopping in Gorham, New Hampshire for the New England Districts Convention on Friday 7/23 and staying until Saturday. Anyone wishing to join us for the trip or meet us in N.H. to get some D4C points please contact me.
- 7/31- Chapter C will be meeting us in Middlesex for the Roast Beef Dinner. We will probably go for a ride afterwards to find ice cream. Last year we had a large number of bikes and had a great time.

Have a happy summer and ride carefully!!

Greg

NY-W Rider Educator's Corner

Warm Weather Worries

Motorcycle riding is an activity that takes all of us outdoors. For many of us, the riding season is comprised of summer with some spring and some fall periods. For others, the best riding times are during the spring and fall seasons due to excessive heat in the summer months. For all of us, we are likely to be riding in hot weather at least some part of the year. Since too much heat can cause severe medical emergencies, it is important to know how to avoid becoming a victim of the heat. So how do we avoid heat stress, or more severe conditions like hyperthermia, to remain safe? Let's review some warm weather riding tips.



Jim Pearson
Ride Educator

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours (if you

Riders Ed., cont. page 5

HELP!

This space reserved for the Ladies Corner, Co-riders Corner, or some kind of corner, page, epistle or whatever SHE wants to call it.

So, who's gonna write it?

LATEST GRANDKID
PICTURE

SHOPPING
TRIP

RECIPES

CO-RIDER COMFORTS
AND TIPS

Please ladies, don't fight over this opportunity!

Riders Ed., from page 4

are lucky enough to avoid the rain). If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is a common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants for extra protection. Gloves are the other area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. Another good choice would be mesh gloves which, like the jackets made of similar material, provide great ventilation coupled with superior abrasion resistance. They are worth considering. Consider carrying a water absorbing collar that you can soak in water and wear around your neck to help keep you cool. Or be prepared to soak and wear your shirt or t-shirt at a rest stop in the hottest weather.



Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lose through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding, some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation. Carry a bottle of water to drink from whenever you need it. Be sure to refill it at rest stops.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your internal temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate

medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other early warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of these symptoms in yourself or those riding with you, find the nearest place to sit down, drink lots of water, and relax in the shade or an air conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day. And definitely get out the water absorbing collar or soak your shirt at this time. It will help bring your body temperature back down.

With the right gear and travel plans that include frequent breaks with plenty of water, you can enjoy riding safely even in the hottest weather.

Ride Smart & Be Safe!

Bruce & Melissa Thayer
Former MI Asst. District Rider Educators

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For more information contact Joe or Sue Skyner.

Rochester, New York

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NY District COY 2009-10 **TBA**
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NY Newsletter Editor **Phil Coons**
NY District Public Relations **Linda Waterman**

Breakfast at Elm Grove

Come join the breakfast fun at the Elmgrove Family Restaurant the first Saturday of every month at 8:30 AM.
The Elm Grove Family Restaurant
730 Elmgrove Rd. just off Rt. 531.
It is north of Rt. 531 on the east side of the road next door to a 7-11.
If you cross Lyell Rd. say oops and turn around.

Open for Dinner

Elm Grove Family Resturant is open for dinner
Tuesdays thru Saturday.

NEW YORK CHAPTER "W"
Chapter Director **Mike & Ginny Schelkun**
Assistant Chapter Director **Greg & Dee Eames**
Treasurer and Supplies **Diane Hill**
Ride Coordinator **Marty Watkins**
Dan Strong
Ride Safety Education **Jim Pearson**
Membership **Bob Bacon**
Newsletter Editor **Allen Skiles**
Dinner Meeting, RSVP **Diane Hill**
Photo Album **OPEN**
Sunshine Club **Linda Hellman**
Birthdays/Anniversaries **Linda Hellman**
50/50 Raffle **Kathy Jordan**
Door Prizes **Sue Skyner**
Webmaster **Allen Skiles**



The next Gathering will be July 15, 2010

Elmgrove Family Restaurant
730 Elmgrove Rd. just off Rt. 531 north of Rt. 531 on the east side of the road next door to a 7-11. If you cross Lyell Rd. say oops and turn around.

Dinner Meeting schedule:
Meet and eat at 6:00 PM
– Meeting about 7:00 PM

DASH FOR CASH



At the NY /NJ Convention

At the PA Convention

August is Pick Your Convention Month

**“New York & New
Jersey - Perfect
Together”**

**Pennsylvania District
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August 5-7, 2010

August 26-28, 2010

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The Winger

GWRRA-NY “W”

c/o Allen Skiles, Sr.

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